



## Effect of Exercise on Quality Life

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### Abstract

Exercise is the result of well coordinate function of various organs of the body. These changes I of temporary nature if the exercise is continued for a short time. However, if the exercise is continued regular over a long span of time then some changes of a lasting nature take place in the organs constituting various systems of our body. In order to understand the short term and long term effects of exercise on various system of our body. In order to understand the short term and long term effects of exercise on various system of our body, it is important to understand the structure and function of various system of our body.

**Keywords:** Exercise, our body,

### Introduction:

**Skeletal system:** As the result of exercise, bones have to be moved to various positions. These movements are made possible due to the provision of joints in the body. Therefore, during exercise the results have bear a lot of stress, which puts a lot strain on its ligaments that exert a binding force and cartilages, which are the padding in between the bones.

### Effect of regular exercise on skeletal system:

Our bones become healthy and stronger and can tolerate greater strain. In the growing stage of our life, our bones become slightly longer and their shape may also undergo a change. Helps in maintaining the flexibility of ligaments and cartilages which helps in maintaining proper functioning of the joints.

### Muscular System:

As has been explained earlier, the energy for muscular contraction is obtained from the high energy nutrients in the blood. These nutrients, as a result of some complex chemical reactions inside the muscle fiber, release energy during exercise for muscular contraction and some of the heat also raises the temperature of the body. As a result of exercise, the blood supply to the muscles also increases in order to meet the additional demand of the high energy nutrients.

### Effects of regular exercise on muscular system:

The muscles become strong due to the gain in strength of the individual muscle fibres. The muscle fibers shorten in length and increase in thickness. Because of this, the body





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appears muscular. Muscular become more elastic and can perform work with greater speed. As a result of gain in strength, the muscles can give better protection to same organs of our body.

### Circulatory System:

The circulatory or transport system of blood consists of heart that acts as a force pump for distributing blood to various parts a) Cells b) Plasmas., because of increased demand of oxygen and nutrients of the production of energy for muscular contractions in exercise, blood for muscular contractions in exercise, blood supply to the exercising part has to be increased.

### Effect of regular exercise on circulatory system:

The regular exercise has a very healthy effect on our heart. As the load of exercise falls directly on the heart, its muscles become strong with the result that it can pump more blood into circulation on very contraction of its ventricles. The stroke volume increases. As a result of regular exercise, the increase in heart rate during exercise is much less as compared to a person who does not exercise regularly. Due to this, a trained person can reach a higher achievement.

### Respiratory system:

Because of the increased demand of oxygen for the continuance of muscular activity during exercise, the rate of breathing increases. There is also an increase in depth of breathing to facilitate the intake of more air. The rate of exchange of gases in the air sacs increases and because of the higher temperature of the waste carbon dioxide, the expired air becomes hotter.

### Effect of regular exercise on respiratory system:

As a result of the effect of regular exercise, tidal volume increases. This is due to the gain in strength of muscles attached with the ribs that help in respiration. The vital capacity increases. This may not happen in the case of adults but is true in the case of growing children.

### Digestion System:

Process of digestion and assimilation is allowed down during exercise because blood from the stomach and the intestinal region is diverted to the exercising muscles during strenuous exercises, because of the increase in need of more blood in that region, after food intake, when we are not exercising, blood flow around the small intestines increasing in order to help in the absorption of food.

### Effect of regular exercise on digestive system:





There is a general improvement in digestion. This is reflected in improvement in general health and overall appearance. Appetite also increases. The quality of blood improvement because of increase in nutrients in its cell. This is due to better availability and better assimilation of these in the digestive process. These nutrients serve as stores of extra energy in an individual. Regular exercise prevents the accumulation of decomposing food deposits in intestines that leads to gas formation. Proper health of the digestion track prevents constipation.

#### **Nervous system:**

As a result of exercise the activities of muscles involved in that activity are increased. This increase is only possible due to an increased activity of the brain because voluntary muscles depend on the motor impulses of the brain.

#### **Effect of regular exercise on nervous system:**

As a result of regular exercise, better neuromuscular coordination is established in muscles. This coordination eliminates unwanted movements in an activity and makes the performance skilful or graceful. Due to regular training, the maximum effort for an activity can be increased, because our nervous system taps the reserve areas. This way one can give better performance. Fatigue related to synapse is delayed.

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